

# COLONOSCOPY INSTRUCTIONS

Your colonoscopy will be on \_\_\_\_\_ .

The hospital will call you between 2:00 – 4:00 PM the day before your procedure to tell you when you should arrive at the hospital.

**You will need:**      4 Dulcolax tablets  
                                 238 gram bottle of MiraLAX powder  
                                 ½ gallon of Gatorade (any color except red or purple)

1. **Five days prior to your procedure**

Do not take any of these medications:

Coumadin, Xeralto, Plavix, Persantine, any other blood thinners, iron, Advil, ibuprofen, Motrin, Aleve, naprosyn, aspirin, or any arthritis medications except prednisone.

You may take Tylenol.

2. **Three days prior to your procedure**

Begin following a Low-Residue Diet. Please see the instructions on the next page.

3. **One day prior to your procedure**

Begin following a Clear Liquid Diet (any liquid you can see through). Please see the instructions on the third page.

Do not drink anything with red or purple coloring.

Do not eat any solid foods.

At about 1:00 pm, begin your Bowel Prep. Please see the instructions on the last page.

Do not eat or drink anything after midnight.

4. **The day of your procedure**

Do not eat or drink anything.

You may take your usual medications with small sips of water.

## Low-Residue Diet

Begin this diet three days prior to your procedure.

Remember to change your diet to only clear liquids on the day prior to your procedure.

Residue includes any component of food, including fiber, which is not digested and contributes to stool. A low-residue diet limits these components and reduces the amount of stool your system produces.

### OK To Eat:

- refined breads, cereals, crackers, chips and pasta with less than 1 gram of fiber per serving
- white rice
- vegetable juices without seeds or pulp
- fruit juices with no pulp
- milk, yogurt, pudding, ice cream, and cream-based soups and sauces (strained)
- tender meat, poultry, fish and eggs
- oil, margarine, butter and mayonnaise
- smooth salad dressings
- broth-based soups (strained)
- Jelly, honey and syrup
- limit dairy products to no more than 2 cups/day

### Do Not Eat:

- whole-grain breads, cereals and pasta
- whole vegetables and vegetable sauces
- whole fruits, including canned fruits
- yogurt, pudding, ice cream or cream-based soups with nuts or pieces of fruits or vegetables
- tough or coarse meats with gristle and luncheon meats or cheese with seeds
- peanut butter
- salad dressings with seeds or pieces of fruits or vegetables
- seeds and nuts
- coconut
- marmalade

## **Clear Liquid Diet**

Begin this diet the day before your procedure.

You may drink anything that you can see through.

Do not drink anything with red or purple coloring.

Do not eat any solid foods.

### **OK To Drink**

- water
- tea
- soda
- coffee
- apple juice
- white grape juice
- Gatorade
- Jell-O
- broth
- Kool-Aid
- popsicles

### **Do Not Drink**

- milk
- dairy products
- vegetable juices
- fruit juices with pulp

## **Bowel Prep**

Begin this preparation the day before your procedure.

**You will need:     4 Dulcolax tablets**  
**238 gram bottle of MiraLAX powder**  
**½ gallon of Gatorade (any color except red or purple)**

Purchase four Dulcolax laxative tablets (Bisacodyl, 5 mg each) and one bottle of MiraLAX powder laxative (8.3 oz / 238 gms). Also, purchase some Gatorade of any color except red or purple – one ½ gal (64 oz) bottle, two 32 oz bottles, or three 24 oz bottles. Mix all of the MiraLax and the Gatorade together and place the preparation in the refrigerator.

Start your prep by taking the four Dulcolax tablets all at one time. It is recommended to start at about 1:00 pm the day before you procedure.

One hour later, begin drinking the MiraLAX/Gatorade preparation. Drink one 8 oz glassful every 10-15 min. It is best to drink the prep quickly rather than sipping it. The entire prep should be consumed within 2 - 4 hours.

Feelings of bloating, chills, and/or nausea are common after the first few glasses due to the large volume of fluid ingested. This is temporary and will improve once bowel movements begin. It may recur intermittently for one or two hours after the last glass is finished. Most people have a bowel movement within an hour or two after starting the laxative. Sometimes, however, there may be a delay of several hours. You just need to be patient. Remember to stay close to a bathroom.